



**The MSU 4-H Extension  
office has moved!!**

**We're now on the 2nd floor  
of 1108 S. Main St.;  
directly south of where we  
were before.**



### **GIFT WRAPPING AT MURDOCH'S**



During the holiday season many clubs participate in gift wrapping at Murdoch's as a fundraiser. If your club would like to take part, please call Chris Scott at 261-9454 to reserve your club's spot.



**The Extension office will be closed from  
Dec. 25th – Dec. 27 and on Jan. 1, 2014**

The Flathead County 2014 4-H Foods Fair Presents:

# 4-H COUNTRY CANDYLAND



## Kalispell Center Mall



Please join us for our annual Flathead County 4-H Foods Fair. You will get to see 4-H members showing off their best culinary skills — everyone from the public is invited to come join us!

Saturday January 18th,  
2014

*Everything in place by 9:30, Judging Begins at 10:00*

***You can make one or two items, but each needs to come from two different categories below...***

- |                                  |                             |               |                                 |
|----------------------------------|-----------------------------|---------------|---------------------------------|
| 1) Main Dishes                   | 2) Soups/Stews/<br>Chowders | 3) Appetizers | 4) Side Dishes                  |
| 5) Salads                        |                             | 7) Cookies    | 8) Other Desserts               |
| 9) Beverages                     | 6) Cloverbuds               | 11) Snacks    | 12) Baked Cakes from<br>Scratch |
| 13) Decorated Cakes/<br>Cupcakes | 10) Pies                    | 15) Candies   | 16) Quick Breads                |
|                                  | 14) Yeast Breads            |               |                                 |
|                                  | 17) Adults                  |               |                                 |



### 2014 Winter Teen 4-H Camp

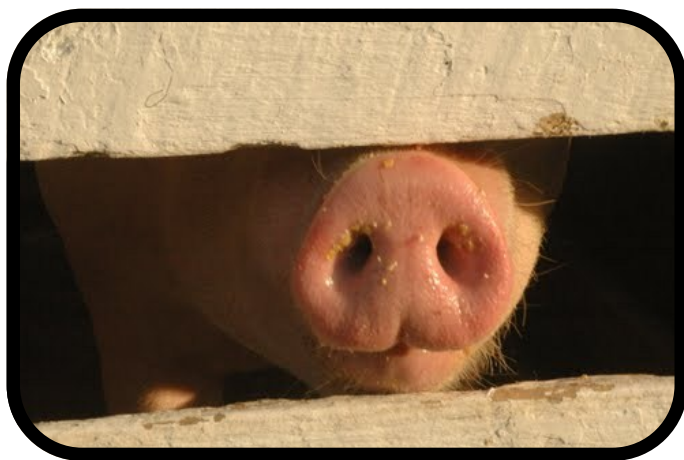
Teen Camp Dates: February 14-16, 2014 (Friday-Sunday)  
For youth Age 13-19

**Loon Lake 4-H Camp - Ferndale, MT**

Registration forms can be downloaded from the county website at:  
[www.flathead.mt.gov/extension/downloads.php](http://www.flathead.mt.gov/extension/downloads.php)

## Livestock Quality Assurance (LQA)

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior**. This year's LQA training dates are **Feb. 20 & March 18; 6-8pm**. Both will be at the Fairgrounds in the Country Kitchen. If you need to attend this year, please RSVP to the Extension office and tell us which class you'll be taking - 758-5553. If you're not sure if you have to attend this year, talk with your club leader or call the Extension office.



### 2014 MARKET LIVESTOCK SEMINARS

**Hog Seminar = Weds., April 9th**  
**Sheep Seminar = Tues., May 6th**

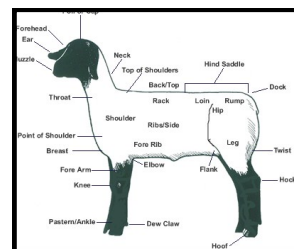
All 4-H members **MUST** attend the livestock seminar for their species IF it is their first year to participate in the market. All other members are highly encouraged to attend.

*Both hog & sheep seminars will be held in the Expo building on the fairgrounds from 6-8pm.*



### 2014 MARKET LIVESTOCK TAGGING & WEIGH-IN's

1st beef tagging & weigh-in = Saturday, Dec. 7, 2013 from 8:30-10:30am  
2nd beef weigh-in = Monday, April 14th  
Hog tagging & weigh-in = Monday, April 28th  
Lamb tagging & weigh-in = Monday, May 19th



### ALL animal projects receive 15% off related products!

This discount is good from the start of your animal project, through fair time. Steer, Hog, Lamb, Horse, Rabbit, Chicken, Goat, Llama etc... stop by CHS to sign up for your discount card when your project animal starts. Call Dallas @ CHS for details 406.755.7427

### Champion of Champions Jacket program

Sign up for the Payback feed program, receive a free T-shirt, and be eligible to win a FREE Champion Jacket if your market Steer, Hog, Lamb, or Goat wins Grand or Reserve Champion. Full details are at CHS. Call Dallas @ CHS for details 406.755.7427

**PAYBACK**



# SAVE THE DATE!!

## UPCOMING 2014 4-H events

- ♦ 4-H Winter Teen Camp - Loon Lake - Feb. 14-16
- ♦ Interstate Exchange Spaghetti Supper & Dessert Auction - March 28
  - ♦ 4-H County Congress - April 12
- ♦ 4-H Clean-up at Loon Lake 4-H Camp - May 3
  - ♦ Horse Camp - May 9-10
- ♦ Lamb Camp & Jackpot in Bozeman - June 6-8
  - ♦ 4-H State Congress in Bozeman - July 8-11
  - ♦ Flathead 4-H Summer Camp - July 21-25
    - ♦ NWMT Fair - August 9-16
- ♦ 4-H Achievement Banquet for all 4-H members - August 30
  - ♦ State 4-H Horse Show - Sept. 12-14



### Master Gardener Registration Open

The Flathead County Extension office will be holding the **2014 Master Gardener Level One** class January 16, 2014 through March 6, 2014. Classes will be held in Bigfork at the Bethany Lutheran Church, 8559 MT Hwy 35, on Thursdays from 3 -5 p.m. Topics covered include: lawn care and maintenance, tree pruning, seed starting, container growing, vegetable gardening, soil fertility, lawn care, plant physiology and fruit production. Pat McGlynn, Flathead County Agriculture and Natural Resources Agent, will be the instructor.

The cost of the class is \$185.00. This includes the new Master Gardener handbook, and a binder of additional handouts. A refund of \$50.00 will be given to each student who completes course requirements and their community service project. This works out to roughly \$10.00 a class.

The Master Gardener program was established in 1972 to help extension agents meet the needs of their community. Master Gardeners are expected to donate at least 20 hours of community service annually. This service work can be completed at the county fair, public gardens and museums, community gardens, the extension office or other approved non-commercial locations.

Please complete the enrollment form available on our website:

[www.flathead.mt.gov/extension](http://www.flathead.mt.gov/extension) (under downloads). Mail or drop off at our office at 1108 S. Main St., Kalispell. Two scholarships are available per class. Payment in full will be expected by January 6, 2014.



# 2014 4-H Interstate Exchange Spaghetti Supper & Dessert Auction

## The Annual 4-H Interstate Exchange Spaghetti Supper & Dessert Auction will be held on **Friday, March 28th, 2014**



**WHERE?** - THE CHRISTIAN CENTER: 255 Summit Ridge Dr, Kalispell

**WHAT TIME?** - Dinner starts AT 5:30pm, auction starts at 6:00pm

**WHO SHOULD ATTEND?** - EVERYONE is invited and encouraged to attend. This really AWESOME event is open to all our friends & family.



*The 4-H club with the highest percentage of member attendance will win \$50 towards a club pizza party.*

**WHAT HAPPENS AT THIS EVENT?** - A bunch of folks come together and fellowship with longtime & new friends as 4-H kids serve up a great spaghetti supper. We talk, laugh and eat, then we auction off some of the most AMAZING pies, cakes, cookies, candies and more. It's a TON of fun so don't miss it!!



**IS THERE A COST?** - Tickets are \$6 each or \$20 for a family of 4, and will be available for purchase starting in March.

*All proceeds go toward hosting 4-H members from other states and sending 4-H members from the Flathead to different states. All with the goal of making new 4-H friends, obtaining life-skills, exchanging thoughts & ideas and creating lifelong memories.*

### **CAN I BE IN THE 4-H INTERSTATE EXCHANGE PROGRAM? - YES!**

We will host for a week in the summer of 2015 and travel during the summer of 2016, so if you will be 14-19yrs old by Oct. 1, 2016, you are eligible to join us. Call the Extension office for more info ~ 785-5553.

*DON'T WAIT!! The sooner you get involved and help with fundraising, the greater chance you'll have all your travel expenses paid for by the time we fly out.*

# 2014 State 4-H Horse Show

*ATTENTION 2014 State 4-H Horse Show Fans!  
You have an opportunity to design the official  
2014 State 4-H Horse Show book cover*

Entries must be original artwork received in the Flathead County Extension Office postmarked no later than **April 11th**. Entries should include original artwork and the 4-H clover and the year 2014 should be included in your design. Please complete the form below and send it along with your submission to:

Flathead County 4-H Extension  
1108 South Main Street  
Kalispell, MT 59901  
[tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu)  
(406) 758-5553 phone



Contestants must be 4-H members in the State of Montana, and all entries must have a parent's signature. The winner will be notified by phone after April 30<sup>th</sup>. All designs will be displayed at the Horse show and the winning design will be used as the official 2014 State 4-H Show design. There is no limit on entries per person. Entry forms can be downloaded from the county web-site at: [www.flathead.mt.gov/extension/downloads.php](http://www.flathead.mt.gov/extension/downloads.php)

## Need help paying for 2014 State Horse Show? We can help!

If a sponsor submits a donation with your name, you can deduct 10% of the donation off of your registration and class entry fees. \*\*\*\***PLEASE NOTE:** You'll still need to pay for stall fees, BBQ, camping and/or clothing expenses that you accrue.

For example, if you solicit \$1000 in donations, you will receive \$100 credit toward your registration & class fees. If your fees only total \$78, the balance may be applied to immediate family members. Credit balances cannot be used for extended family members, but they can be used within immediate families for siblings.

go to: [www.flathead.mt.gov/extension/downloads.php](http://www.flathead.mt.gov/extension/downloads.php) for forms

We recommend you write your name & phone number on the sponsor form before handing it to them. That way you'll be sure that section is completed correctly. Once received, we will mail the sponsor a receipt and give you a call letting you know how much you can put toward your registration & class fees.

\*\*Many businesses budget their donations at the beginning of the year, so now is the time to start talking with folks.



All 4-H horse project members must attend at least one county horse seminar before August to be eligible for competition.

### UPCOMING HORSE SEMINARS

Feb. 24 - 7pm

*Equine Nutrition*

Call Chris Scott for more info:

261-9454

March 9

*Showing A Step Up*

more info to come

April

*Problem-Solving Through  
Ground Work*

April

*Working Ranch Horse*

May 9-10

*Horse Camp*

*More clinics TBA later...*





## Upcoming 4-H Meetings and Special Events



### Forums, Committees & Councils

- **Ag/Livestock Committee:** *Thursday, Dec. 5 at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, Dec. 5 at 6:30pm in the 4-H Building at the fairgrounds*



### Upcoming Activities & Other Meetings

- ◇ **Beef tagging & weigh-in:** *Saturday, December 7; Fairgrounds from 8:30-10:30am.*
- ◇ **Winter Teen Camp:** *Friday, February 14—Sunday, February 16 at Darrell Fenner 4-H Camp in Loon Lake.*
- ◇ **Foods Fair:** *Saturday, January 18 in place by 9:30, judging at 10:00 am at the Kalispell Center Mall.*
- ◇ **LQA:** *February 20 & March 18 from 6-8 pm at the Fairgrounds Country Kitchen.*
- ◇ **Interstate Exchange Spaghetti Supper & Dessert Auction:** *Friday, March 28 at 5:30 pm at The Christian Center.*
- ◇ **State Horse Show Cover Art Contest:** *April 11 deadline.*
- ◇ **Hog Seminar:** *Wednesday, April 9 from 6-8 pm at the Fairgrounds Expo Building.*
- ◇ **County Congress:** *April 12.*
- ◇ **2nd Beef weigh-in:** *Monday, April 14.*
- ◇ **Hog tagging & weigh-in:** *Monday, April 28 .*
- ◇ **Sheep Seminar:** *Tuesday, May 6 from 6-8 pm at the Fairgrounds Expo Building.*
- ◇ **Loon Lake Camp Clean-Up:** *May 3.*
- ◇ **Horse Camp:** *May 9-10.*
- ◇ **Sheep tagging & weigh-in:** *Monday, May 19.*
- ◇ **Lamb Camp & Jackpot:** *June 6-8 in Bozeman.*
- ◇ **State Congress:** *July 8-11 in Bozeman.*
- ◇ **Flathead 4-H Camp:** *July 21-25.*
- ◇ **NW MT Fair:** *August 9-16.*
- ◇ **Achievement Banquet:** *August 30.*
- ◇ **State Horse Show:** *September 12-14.*





### MSU Extension Service – Flathead County

#### Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

#### Tammy Walker

4-H & Youth Development Agent

#### Dee Dryden-Cooper

Support Staff

#### Nancy Roberts

SNAP Educator

#### Linda Watters

Cherry & Grape Research Assistant

#### Address:

1108 South Main Street  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

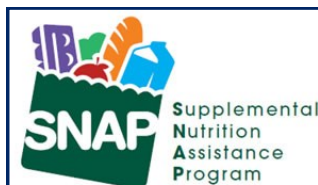
**Web:** <http://flathead.mt.gov/extension>

#### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Mississippi Spiced Pecans

Preparation: 20 minutes Makes 4 cups

#### Ingredients:

1 lb. pecan halves  
1 TBSP dark brown sugar  
1 ½ tsp kosher salt  
1 tsp chopped fresh thyme  
1 tsp chopped fresh rosemary  
½ tsp freshly ground pepper a pinch of cayenne pepper  
2 TBSP extra-virgin olive oil



#### Preparation:

Preheat oven to 350F.

Spread pecans on a large baking sheet. Roast until fragrant, about 12 minutes. Watch carefully so they don't burn.

Combine brown sugar, salt, thyme, rosemary, pepper and cayenne in a small bowl. Transfer the roasted pecans to a large bowl, drizzle with oil and toss well to coat completely. Sprinkle with the spice mixture and toss again. Serve warm or let cool completely and store in an airtight container.

#### Nutrition Facts:

Per 2 Tablespoon serving:

107 calories	2 g carbohydrates
11 g fat( only 1 gram saturated)	1 g protein
0 mg cholesterol	1 g fiber
53 mg sodium	58mg potassium

*Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.*

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jill Martz, Interim Director of Extension, Montana State University, Bozeman, MT 59717